

**LOWER CAPE RECREATIONAL LEAGUE
YOUTH BASKETBALL RULES
GRADES 5|6 - MAJORS**

PRIOR TO ARRIVAL AT GAME:

Parents / Coaches:

- Do not arrive more than 15 minutes prior to your game time
- No jewelry may be worn during game (including earrings)
- No food or drinks allowed in the gyms
- No pets allowed in the gyms
- No unsupervised children allowed at the games
- Promote good sportsmanship
- Criticizing officials is prohibited
- Respect all players, coaches, and officials
- Bouncing of balls, other than on basketball court, is prohibited
- All teams should have a 1st Aid Kit at all games (including away games)

PRE-GAME:

- Coaches and Referees meet to review all game rules. Referees answer any questions. Referees / Recreation Department Supervisors have final word on any disputes of the rules.

RULES

JEWELRY: No jewelry may be worn. Taping earrings is not acceptable

GAME TIMES:

- (2) 20 minute halves - running time
- Half time length: Supervisors discretion (generally 5-10 mins)
- Stop time during last 1 minute of each half and for shooting fouls
- Overtime: none
- **Timeouts:**
 - 2 per half; cannot carry over unused time outs into next half
 - Subs will not be charged a time-out

3 POINTERS: If home gym has 3 pt line, 3 pt baskets are allowed.

JUMP BALLS: Only at the start of the game then alternate possession

BALL SIZE: 28.5

BASKET HOOP HEIGHT: 10 ft high

COURT SIZE: Full court elementary size

LANE VIOLATIONS: 3 second

NUMBER OF PLAYERS: Each team will play with (5) players, unless special circumstances. Both coaches must agree to play with less than (5) players.

DEFENSIVE RULES: Double team inside the 3pt line (as long as the offense is inside the 3pt area)

**LOWER CAPE RECREATIONAL LEAGUE
YOUTH BASKETBALL RULES
GRADES 5|6 - MAJORS**

MAN TO MAN

OR ZONE DEFENSE: Half- Court Defense - Must allow offensive player to get both feet and the ball over the half court line or ball goes back to offensive team

PRESSING: Last 2 minutes of each half either team can full court press (no pressing if your team is up by 10 pts)

FOULS: 5 per player

FOUL SHOTS: Shooting fouls, technical;

- After 7 fouls in a half = a 1-and-1 opportunity. Once 7 fouls committed by a team, then the player who was fouled is awarded a '1-and-1' opportunity. If player makes his first free throw, he gets to attempt a second. If he misses the first shot, the ball is live on the rebound.
- After 10 fouls in a half = a 2 shots. Once 10 fouls committed by a team in a half, then the player who was fouled is awarded 2 foul shots.

FOUL LINE: 1 step in for girls (if needed); Regular foul line for boys

BACKCOURT: Half-court line - (Players have **10 seconds** to get over half court)

SUBSTITUTIONS: On a stopped play

PARTICIPATION: Coaches are held responsible to give all players approximately the same amount of playing time, determined by your number of players. No players should be favored for playing, or sitting, the entire or majority of the game.

OFFICIAL SCORE: Home team score book; check at each half

GAME CANCELLATION: At or prior to 3:00pm, the home team's Recreation Director, or designee, will contact the opposing team's Director to notify them of the cancellation.

POST GAME:

- Line up teams for hand shake to opposing team and have players thank officials
- Properly dispose of all trash
- Collect all gear and vacate gym as soon as possible to allow for any activities after the game

ALL ITEMS IN RED ARE DIFFERENT BETWEEN THE 3|4 AND 5|6 RULES.